

## REU Welcome

Ioannis A. Kakadiaris  
Cullen Distinguished Professor  
University of Houston

## All the things that you wanted to know about UHCS REU

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### Welcome!

- Introductions (one key fact)
- ~~Is REU really for you?~~
- What does it mean to be part of an REU program?
- “What is day to day work like?”
- “How will it look on my resume?”
- “Can I make it sound better than just REU?”
- “Will it help me get internships next year or can it hurt me since it will make me appear to be more dedicated to research than industry?”
- “How much guidance is there?”
- “Is the transition from classroom to research difficult or manageable?”

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### What should I expect to gain from this REU?

- “Test drive” a career without much to lose
- Sense of what professionals do in this career
- New / Improved Skills
- Constructive Feedback
- Portfolio
- New connections (students / faculty)
- Recommendations
- An improved resume

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## What should I do during my internship ?

- Set goals for your internship
- Consider taking the Clifton strengths finder test  
<http://strengths.gallup.com/110440/About-StrengthsFinder-20.aspx>
  - Know what you don't know (Coursera)
- Be great!
- Be pro-active
- Ask questions
- Plan your time
- Reflect every day
- Work Hard / Play Hard / Eat well / Exercise
  - See Houston
- Network with students and faculty
- This is a time for Professional & Personal Development
  - Work on research related skills: Lit Review, endnote, coding
  - Work on "other skills": presentations, writing

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## What should I do after my internship ?

- Reflect on your experience
- Stay in touch !

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## References

- <http://www.businessinsider.com/what-you-can-learn-from-your-summer-internship-2015-8>
- <https://www.goodcall.com/career/internship-tips/>
- <http://www.sciencemag.org/careers/2008/12/making-your-summer-research-internship-good-one>
- <https://www.careerplacement.org/career-tools/internships>

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# Welcome !

Ioannis Kakadiaris, Ph.D. ([ioannisk@uh.edu](mailto:ioannisk@uh.edu))  
Hugh Roy and Lillie Cranz Professor